

Class Descriptions

Class name	What to expect
Seniorcise Gold 45 min	Active cardio, strength, and balance exercises including mat exercises.
Strength n' Flex 45 min	Active cardio, strength and balance exercises including some exercises performed in a chair.
Strong n' Stable 45 min	Gentle cardio, strength and balance exercises performed mostly in a chair.
Tai Chi & Qi Gong 45 min	Experience how Qi Gong and Tai Chi engage mind, body, and spirit through coordinated movements and focused breathing moving gracefully and effortlessly. Always allowing energy to flow freely throughout the body for more energy, vitality, and wellbeing.
Gentle Yoga 60 min	Slow steady paced postures and conscious movement with breath. Chair modifications for access at all levels.
Line Dancing 60 min	A low-to-moderate impact aerobic class. Line dance is effective for cardiovascular and brain health (hence a deterrent to Alzheimer's, dementia and depression). Dance increases strength, endurance, balance and coordination. In addition, it boosts emotional and social well-being as you communicate through teamwork.
Commit Dance Fitness 60 min	Commit Dance Fitness is a fun High Intensity Interval Training (HIIT) inspired dance program. We teach to all ages and abilities, combining several genres of music. Commit choreography is taught in levels to introduce movement and modification to ensure each student's success.
Meditation 30 min	Meditation can relieve stress, anxiety and help to manage pain. It can improve focus, memory, sleep, mood and even digestion! The guided sessions are done by sitting comfortably in a chair with no movement required.
Sit, Fit n' Fun 30 min	Seated strength, range of motion, coordination, and stretching exercises make this 30 minute class a good fit for those looking for a gentle exercise option.



FRANKE TOBEY JONES

M.J. WICKS WELLNESS CENTER

Enjoy your age

Well, Well, Well January 2025

Schedule Changes and Updates for January

- No classes on Wednesday, January 1st.
- No Tai Chi on Thursday, January 2nd. The next 10 week series of Tai Chi will begin on Tuesday, January 7th.
- On Friday, January 24th and Monday, January 27th we will combine strength classes. There will be one Seniorcise Gold class at 9:00 am and one Strength n Flex class at 10:00 am.

Commit Dance Fitness is Back

Commit Dance Fitness is a fun High Intensity Interval Training (HIIT) inspired dance program. We teach to all ages and abilities, combining several genres of music. Commit choreography is taught in levels to introduce movement and modification to ensure each student's success. No need to sign up. Classes will be held on Fridays at 1:00 pm in the Wellness Center.

Closures Due to Weather

In the event of snow, the Wellness Center will follow Tacoma School District's closure announcements. If school is cancelled or delayed, there will be no Wellness classes that day. The district's website can be checked for updated closure announcements: www.tacomaschools.org. You may also call 253-571-1000 beginning at 6 am for school closure information.

Wellness Center

hours:

Mon - Fri:
6am-7pm

Wellness Program

Supervisor:

Colin Deck
253-756-6279

Holistic Wellness

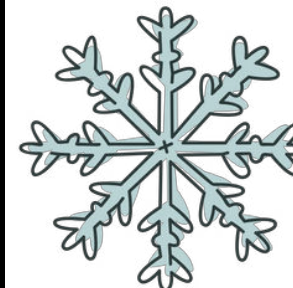
Coordinator:

Sarah Doerner
253-756-3241

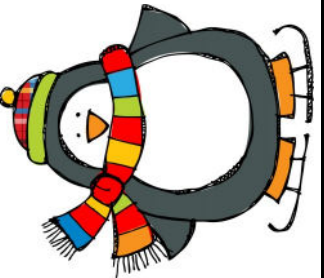

Wellness info:

Community member
monthly price:
-\$50/single
-\$75/couple

Wellness calendar
also available online:
www.franketobeyjones.com



January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Legend</u></p> <p>LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium</p>		 No Classes	<p>2</p> <p>No Tai Chi</p> <p>10:00 Strong n Stable 11:00 Gentle Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p>3</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 12:00 Meditation 1:00 Commit Dance Fitness 2:30 Sit Fit n Fun - TJ</p>
<p>6</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 1:00 Line Dancing</p>	<p>7</p> <p>9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p>8</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II</p> <p>2:30 Sit Fit n Fun - TJ</p>	<p>9</p> <p>9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p>10</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 12:00 Meditation 1:00 Commit Dance Fitness 2:30 Sit Fit n Fun - TJ</p>
<p>13</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 1:00 Line Dancing</p>	<p>14</p> <p>9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p>15</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II</p> <p>2:30 Sit Fit n Fun - TJ</p>	<p>16</p> <p>9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p>17</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 12:00 Meditation 1:00 Commit Dance Fitness 2:30 Sit Fit n Fun - TJ</p>
<p>20</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 1:00 Line Dancing</p>	<p>21</p> <p>9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p>22</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II</p> <p>2:30 Sit Fit n Fun - TJ</p>	<p>23</p> <p>9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p>24</p> <p>9:00 Seniorcise Gold I & II (combined class) 10:00 Strength n Flex I & II (combined class) 12:00 Meditation 1:00 Commit Dance Fitness 2:30 Sit Fit n Fun - TJ</p>
<p>27</p> <p>9:00 Seniorcise Gold I & II (combined class) 10:00 Strength n Flex I & II (combined class) 1:00 Line Dancing</p>	<p>28</p> <p>9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p>29</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II</p> <p>2:30 Sit Fit n Fun - TJ</p>	<p>30</p> <p>9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p>31</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 12:00 Meditation 1:00 Commit Dance Fitness 2:30 Sit Fit n Fun - TJ</p>

If you are interested in classes, please set up a time with Wellness Staff for an assessment at 253-756-6279.



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